

# Sagamore West Farmers Market

Volume 2, Issue 6

September 30, 2009

## West Side Wednesdays

### Market News:

- The Market is open every Wednesday, May through October.
- Sales start at 3:00 and must be concluded by 6:30.
- We have numerous produce vendors, most all-natural, featuring fruits and vegetables grown locally, as well as craft vendors.

### About the Staff:

Kathleen Mills: Market Coordinator  
Tracy Eaton: Market Volunteer

Ed Yeoman: Logistics Volunteer

Amy French: Newsletter Volunteer

Chris Campbell: Volunteer

Cheryl Kolb: City Representative

Chandler Poole: City Representative

Sandy Smith: Vendor Representative

Janet Broyles: Treasurer

Rachel Witt, Susan Gerard, Robin Pickett: Go Greener Commission

### Vendor Profile: Neil Moseley, Pleasant Acre Farm

Neil Moseley is another newer vendor at the market. His orange shirt with the Pleasant Acre Logo and his colorful produce make him fairly easy to spot, however.

Neil grew up in a large Indiana farm family. The family farm is still active and managed by his brother. Neil chose to go a different route. After working construction when he was in college, Neil found a plot of land to begin more intensive produce farming. This is his first year at the Sagamore West Market, but he is planning to expand the amount of land he has in produce and bring even more next year. He's also in the process of designing

a CSA (Community Supported Agriculture—if you're unfamiliar with CSA's see the article on the back) program for next year.

While Pleasant Acre isn't an organic or all natural farm, Neil does try to limit spraying as much as he can. He also reserves land for wildlife habitat. He's very active in Pheasants Forever and maintaining acres of land in habitat specifically designed for

pheasants. He also maintains dove habitat.

Check out Pleasant Acre Farm at [www.pleasantacrefarm.com](http://www.pleasantacrefarm.com). And stop by to chat with Neil—he always has something interesting to say.



### Early Fall Produce

October wraps up our harvest season. Like the fall leaves, much of the produce takes on fall color. Among the items available:

- Pumpkins
- Winter Squash, including butternut, acorn

and many less well known varieties

- APPLES! Cider, cooking apples, eating apples, apples galore
- Tomatoes, onions, leeks, eggplant
- Peppers: sweet and hot

- Fall greens and lettuce
- Beets, turnips and winter radishes





## Farmer's Market Recipes: Curried Pumpkin Soup

- 1 small pie pumpkin
- 1 t olive oil
- 2 medium yellow onions, peeled and diced
- 3 cloves garlic, minced
- 3 stalks celery, diced or one large celery root, peeled and diced.
- 2 apples, peeled, cored and diced
- 4 T butter
- 1 T curry powder
- 1 t chili powder
- 1 qt. vegetable or chicken stock
- 1/4 cup cream
- Salt and Pepper to taste

Take the pie pumpkin, wash it, cut it in half and scoop out

the seeds. Sprinkle it with olive oil and roast it for up to an hour (until very tender). Remove and let cool.

While pumpkin is cooling, sauté the onions, garlic, and celery in butter until soft (about 4 minutes). Add the apple and sauté for an additional 2 minutes. Add the curry powder and chili powder and sauté for another minute. Add the stock and bring to a simmer. Scoop the pumpkin flesh out of the skin and add it to the simmering soup. Let the whole pot simmer for about 30 minutes. Run the soup through a

blender or food processor to puree. Return to pot and add the cream. Season to taste and maintain at no more than simmer until ready to serve. Garnish with toasted pumpkin seeds.



## CSAs: Community Supported Agriculture

The idea of Community Supported Agriculture (CSA) is a fairly recent one. About 40 years ago in Japan, some women were concerned with the growth of food imports and the decline in farmers. They started the idea of "teikei" or "putting the farmer's face on food". The idea was to directly link farmers with their customers. This idea

eventually migrated to the US in the form of CSA.

In a CSA, the consumer makes a direct investment in a farm in exchange for produce (an example might be: for an investment \$500 in February, the farmer would deliver a box of fresh produce every week between late May and early October for 20 weeks). This investment takes banks

and interest out of the equation for the farmer. And it shares the risk and reward of farming.

Many of our vendors here at the market offer CSAs. You may have noticed people walking around with laundry baskets of food. These baskets tend to be CSA deliveries. Stop and ask your favorite vendor about next year's CSA!



## Staying "Lean and Green"

Please stop by the Go Greener Commission "Green-ask" and see what's new! They are accepting many difficult to recycle items such as florescent lights, batteries and Nabisco snack mylar bags.

We are hosting some special events this month, including:

**October 7:** The Whyte Horse

Winery wine tasting

**October 14:** West Lafayette Public Library and Lions Club

**October 21:** Grill Demo and Wabash Runners 5K

**October 28:** Halloween Market.

**And don't forget our Market Before Thanksgiving. We will host a**

**market on November 25th from 3:00 to 6:30.**

